

cafeine Awareness Month

NATIONAL CAFFEINE AWARENESS MONTH

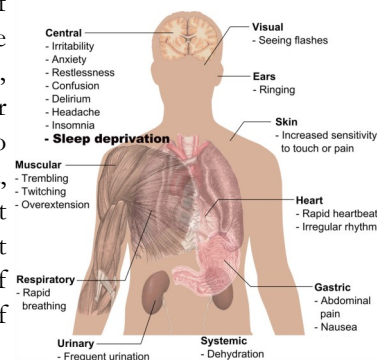
Caffeine facts

1. Over 85% of the US population consumes caffeine daily
2. Over 450,000,000 cups of coffee are consumed in the US every day
3. Caffeine is a drug
4. Caffeine is found in more than 60 plants around the world
5. Pets (birds, dogs, cats) cannot metabolize caffeine—do not give it to them!
6. The darker the coffee roast, the less caffeine. The darker the tea, the higher caffeine
7. Caffeine takes 15-45 minutes to take effect in your body
8. Caffeine will not help someone sober up if they have had too much to drink

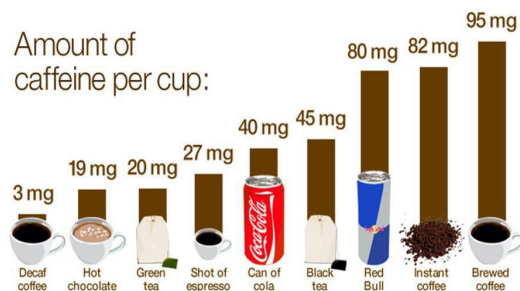
Caffeine safety

Whether you know it or not, you are probably consuming caffeine in some way, shape, or form on a daily basis. While caffeine does have some positive effects against some diseases such as Parkinson’s disease and Alzheimer’s disease and may help make you more alert and improve your mood, there are some negative side effects of caffeine. It can make you more nervous, jittery, anxious, sleepless, and it can increase your blood pressure. Caffeine can also lead to heartburn, cause nausea, and increase your thirst. Pregnant women and children should not consume large amounts of caffeine. The lethal dose of caffeine is considered 10 grams.

SIDE EFFECTS OF CAFFEINE



How much caffeine do you consume?



In healthy adults, 300-400mg of caffeine is considered a safe level of intake. This is equal to: 6-7 cups of black tea, 4-5 cups of brewed coffee, 2-3 Starbucks Grande Lattes, 8 cans of Diet Coke, 2 Five Hour energy shots, 2-3 Monster energy drinks, or 5 cans of Red Bull.

Sources of caffeine

Natural Products

- Cocoa (chocolate)
- Coffee beans
- Kola nuts
- Tea



Commercial Products

- Soft drinks
- Energy drinks
- Energy shots
- Alcoholic beverages
- Some snacks/foods



Diabetes Program at Sand Run Pharmacy on March 15th

Date: March 15th, Tuesday

Time: 5:30 - 7:00 PM

Location: At the Pharmacy

Presenter: Registered Dietitian/Certified Diabetes Educator



Learn About:

- ⇒ What diabetes is
- ⇒ The importance of checking blood sugar levels
- ⇒ A1C and how it affects blood sugar
- ⇒ Meal Planning and exercise
- ⇒ Medical Tests
- ⇒ Types of medication that help manage blood sugar

***** Free of charge *****

To sign up call (330) 864-2138 or sign up at the pharmacy counter!
Walk-ins are welcome

Upcoming Events

March 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13 ★	14	15 ★	16	17	18	19 ★
20	21	22 ★	23	24	25	26
27	28	29	30	31		

Sunday, March 13th: Daylight Savings Time Begins



Tuesday, March 15th: Diabetes Education at SRP

Saturday, March 19th: Pet Expo @ Summit Mall

Featuring vendors, pet adoption groups, and trainers

All proceeds go to

Pawsibilities Humane Society of Greater Akron

Tuesday, March 22nd: Senior Lunch Series, Presented by 107.3 The Wave

The Galaxy Banquet Center in Wadsworth
For more information visit: 1073thewave.net

10 "poison pills" for your pets



March is also poison prevention month! Here are the 10 most common human medications that can be poisonous to your pets:

1. Ibuprofen
2. Tramadol
3. Alprazolam
4. Adderall
5. Zolpidem
6. Clonazepam
7. Acetaminophen
8. Naproxen
9. Duloxetine
10. Venlafaxine

If you have a concern, talk to your vet!

Sand Run Pharmacy Hours:

Monday - Friday: 9 am - 7 pm

Saturday - 9 am to 2 pm

Sunday: Closed



We're on the Web!

Visit our website at:

www.sandrunpharmacy.com

and read our latest blog articles or refill your prescriptions!